



LA84 FOUNDATION  
MT. SAC RELAYS  
**YOUTH DAYS**  
TRACK & FIELD PROGRAM

## FINAL INFORMATION

No further information will be sent after receiving your entry via the web site :

**<http://events.mtsac.edu/la84>**

Please read this final information bulletin and review the map of stadium and **approximate time schedule**.....we think it'll make things just a little easier for your "Youth Days" preparations. This information should be shared with all of your athletes, and parents!

### Pre-Meet:

1. **Make sure** you and your students know the procedures before departing for Mt. SAC.
2. **Make a sign** to identify your school's location in the stadium. This will help your kids and supporters in finding you.
3. **ARRIVE EARLY.** Plan an extra 35 minutes to complete registration, once at Mt. SAC.

### Arrival:

1. **All bus and auto parking is free. Follow the signs on Temple Avenue for auto and bus parking.**  
Buses may deposit and pick-up students at the **"Bus Drop-off, Pick-up"** location, but must be parked in the **"Bus Parking"** location. Teachers make sure you have your bus drivers cell phone number in order to request pick-up (at the same location as your drop-off) at the conclusion of the meet. We ask that you call your driver for pick-up when you are at the pick-up/drop-off area.  
**"Auto Parking"** is across the street from the stadium (north): All must use the tunnel to cross Temple to reach the main stadium entrance. Parking is \$5 for all private vehicles.  
**"Handicap Parking"** is located on Bonita Avenue, west of the stadium.
2. Anyone parking North of Temple Avenue in Lots D, F, G or H must use the tunnel, located at the east end of Lot F, to cross Temple Avenue to reach the main stadium entrance. College Map with parking lot information can be found online at: <http://events.mtsac.edu/info/athleticfacilitymap.pdf>

### Check In:

1. Prior to entering the stadium, the teacher/coach should take an exact roll call/count of athletes. Once the exact number of athletes is determined, the teacher/coach should proceed to the **"Check-in Tent"** (just inside stadium's front gate) to pick up the packet for his/her team **while the team waits outside.**
2. At the "Check in Tent" the teacher/coach must inform Youth Days Staff of the exact number of students competing for bib pick-up. After receiving the bib numbers and coaches packet, please return to your team to distribute bib numbers and name tags. Please do this outside of the stadium. *Name tags of students coming late, must be left in your school packet at the registration tent for later pick-up. We strongly recommend that your team arrives as a group. Registration and Student Souvenir Tents will close at 10:00 am.*
3. Athlete's name tags must be stuck on to the bib numbers at the designated area on the bib number. Bib numbers must be secured by safety pins to the **FRONT** of each athletes shirt. All athletes must be wearing their bib numbers to enter the stadium.
4. Once all of this is done, athletes and coaches may then enter the stadium. The teacher/coach **MUST RETURN ALL UNUSED NAME TAGS** to the "check-in" desk before receiving coaches souvenirs.
5. The team should proceed to their Souvenir Tent (to the east), to pick-up their t-shirt, program and pin. Only athletes will be allowed to pick up their souvenirs. No parents, coaches or staff please.  
*Athletes who plan to run the early AM 1200m, 1500m, or 300m events or early field events should bypass the souvenir tent go directly to the Clerk of Course to check in (south end of the stadium). After the race/event have your athlete(s) return to the Souvenir Tent to pick up their souvenirs.)*

## Meet:

1. Set up your base camp somewhere in the stadium. No tents allowed, except for the top 15 rows to allow for visibility. **NO ONE WILL BE ALLOWED TO SET UP BASE CAMPS IN THE STADIUM PRIOR TO 6:00 AM.**
2. Please review the "color coded" stadium map to acquaint you and your athletes to event and running event check in locations.  
All event sites are color coded.
3. Listen carefully to Public Address announcements for instructions and announcements.
4. Make sure your athletes warm up properly (at least 20-30 minutes prior to an event) and are close to their check in area. All athletes in running events must be clerked at the south end of the stadium, at the clerking/check-in tent.
5. **Please watch your personal items carefully!** Souvenirs given by the LA84 Foundation-Mt. SAC Relays can not be re-issued if lost! "Lost and Found" will be at the Registration Tent.

## Rules Governing The Meet:

1. **1-1-1 Rule.** One running event, one field event, and only one relay event per student (Note: Grades 3-4 athletes may run the shuttle hurdle relay in addition to their other one relay). A individual athlete may only compete in 1 relay event, however a school may enter several teams in each relay event.
2. **RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS.** If you have a running event – field event conflict, please make the running event your priority, then come back (as quickly as possible) to contest your field event.
3. **ATHLETES MUST COMPETE IN FLATS!!!** No spiked shoes, modified spikes, or special shoes with nubs will be allowed. Those using these types of footwear will be disqualified to provide fairness to all!
4. **RUNNING EVENTS**
  - A. ALL running and relay event athletes must be processed through the CLERK OF THE COURSE (south field area) and be escorted to the starting line in order to compete. Please listen to the announcements at the Clerk of the Course and watch the signs indicating what event is being clerked.
5. **FIELD EVENTS**
  - A. Field event athletes MUST NOW REPORT TO THE FIELD EVENT CLERK located at the southwest corner of the track, just west of the running event clerk. Once there, competition flights (of 9-10 athletes, all of the same grade level) will be set up and contested.
  - B. Athletes will be given several warm-up trials before you given two (2) final competition attempts for measurement. In the high jump, six (6) total attempts will be allowed to determine a highest mark (athletes will be able to choose the heights attempted).
  - C. Athletes must stay with the flight of athletes they have been assigned to until the event is concluded and taken to the awards tent. Athletes will then be released to return to the stands or to compete in Running or Relay Event.
6. **SHUTTLE HURDLE RACES**
  - A. In the Shuttle Hurdle Races on the grass, teams (of 4) will each be given 2 lanes 50 m in length.
  - B. Each athlete will run 50 meters up over 4 hurdles (10 meters apart), around a cone and 50 meters back over 4 hurdles before tagging hand of his/her teammate who will then repeat the procedure.
  - C. Hurdle Heights: Friday=24" Hurdles, Saturday=18" Hurdles

## Medical Care:

- A. Emergency care will be provided, however minor first aid problems should be addressed by individual school supervisors and their first aid kits. Make sure your athletes are well hydrated and protected from the sun. If raining make sure they have protection from the rain.
- B. **PLEASE DO NOT CALL 911.** We have Emergency Medical Services available at the competition, located at the south end of the track and the 50G Field House. They will call 911 if it is deemed a life threatening emergency.

## Finally:

1. This competition is part of our nation's largest and most prestigious track and field meet. We ask that all athletes behave as "champion athletes", following rules and being humble in winning and gracious in not. Please teach them sportsmanship! Shaking hands and congratulating other competitors is the best way to leave the meet with new friends and is one of the best parts of athletics!!
2. Please remind all your athletes.....IF THEY DO THEIR VERY BEST, THEY ARE "CHAMPIONS". No one should leave this event feeling less of themselves than when they arrived..... keeping in mind, the "non-champions" remained home.
3. Don't forget about the Sophia Clarke Spirit Award which is awarded to the team with the greatest spirit!

**We'll see you at the YOUTH DAYS!!!  
'Till then, get in shape and have fun getting  
ready for the big LA84 FOUNDATION- Mt. SAC Relays Youth Days.**